**Learning Objectives for Psychological Disorders and Therapy**

Upon completion of this module students will be able to do the following:

1. Identify the criteria for judging whether behavior is psychologically disordered, and discuss the controversy over the diagnosis of attention ­deficit hyperactivity disorder.

2. Contrast the medical model of psychological disorders with the biopsychosocial approach to disordered behavior.

3. Describe the goals and content of the DSM ­IV ­TR, and discuss the potential dangers and benefits of using diagnostic labels.

4. Define *anxiety disorders,* and contrast the symptoms of generalized anxiety disorder and panic disorder.

5. Explain how a phobia differs from the fears we all experience.

6. Describe the symptoms of obsessive-­compulsive disorder.

7. Describe the symptoms of post­traumatic stress disorder, and discuss survivor resiliency.

8. Discuss the contributions of the learning and biological perspectives to our understanding of the development of anxiety disorders.

9. Describe somatoform disorders, and explain how the symptoms differ from other physical symptoms.

10. Describe the symptoms of dissociative disorders.

11. Define *dissociative identity disorder,* and discuss the controversy regarding its diagnosis.

12. Define *mood disorders,* and contrast major depressive disorder and bipolar disorder.

13. Explain the development of mood disorders, paying special attention to the biological and social­cognitive perspectives.

14. Describe the thinking and behavior that is characteristic of schizophrenia, and differentiate delusions and halluci­nations.

15. Distinguish between positive and negative symptoms of schizophrenia, contrast chronic and acute schizophrenia, and identify the five subtypes of schizophrenia.

16. Outline some abnormal brain chemistry, functions, and structures associated with schizophrenia, and discuss the possible link between prenatal viral infections and schizophrenia.

17. Discuss the evidence for a genetic contribution to the development of schizophrenia, and describe some psycho­logical factors that may be early warning signs of schizophrenia in children.

18. Contrast the three clusters of personality disorders, and describe the behaviors and brain activity associated with antisocial personality disorder.

19. Discuss the prevalence of psychological disorders, and summarize the findings on the link between poverty and serious psychological disorders.

**Learning Objectives for Therapy**

1. Discuss how psychotherapy, biomedical therapy, and an eclectic approach to therapy differ.

2. Define *psychoanalysis,* and discuss the aims, methods, and criticisms of this form of therapy.

3. Contrast psychodynamic therapy with traditional psychoanalysis.

4. Identify the basic characteristics of the humanistic therapies, and describe the specific goals and techniques of Carl Rogers’ client­-centered therapy.

5. Explain how the basic assumption of behavior therapy differs from those of traditional psychoanalytic and humanistic therapies, and describe the techniques used in exposure therapies and aversive conditioning.

6. State the main premise of therapy based on operant conditioning principles, and describe the views of proponents and critics of behavior modification.

7. Contrast cognitive therapy and cognitive-­behavioral therapy, and give some examples of cognitive therapy for depression.

8. Discuss the rationale and benefits of group therapy, including family therapy.

9. Explain why clients and clinicians tend to overestimate the effectiveness of psychotherapy.

10. Discuss some of the findings of outcome studies in judging the effectiveness of the psychotherapies, and describe which psychotherapies are most effective for specific disorders.

11. Evaluate the effectiveness of eye movement desensitization and reprocessing (EMDR) and light exposure therapies.

12. Describe the three benefits attributed to all psychotherapies.

13. Discuss the role of values and cultural differences in the therapeutic process, and identify some guidelines for selecting a therapist.

14. Define *psychopharmacology,* and explain how double-­blind studies help researchers evaluate a drug’s effectiveness